

Dear Fellow State Employees,

There are two important health observances in November that we would like to tell you about:

National Diabetes Month



Diabetes has reached epidemic proportions in this country. To find out more from the American Diabetes Association, click here: <http://www.diabetes.org/home.jsp>. Statistics show that we weigh more and exercise less than ever before. We consume too much fast food and not enough fruits and vegetables. Our diets are high in saturated fat, trans fat, and refined carbohydrates, and this can lead to diabetes. Educate yourself (or ask your physician) about healthy eating and exercising habits, and follow through to reduce your chances of getting this deadly disease.

The Great American Smokeout is Thursday, November 18

Any day is a great day to quit smoking. Use November 18th as your target date.

- Check with your health insurer to see what smoking cessation aids and/or classes are covered.
- Enlist the help of your friends and family.
- Have a fall-back plan ready for those days when you're feeling weak.
- Open a savings account for all the money you'll save.
- Call 800 4 CANCER for smoking cessation information.



A Health Tip from America On The Move:

Need more inspiration for physical activity? Find ways to build a more active environment where you live and work. Map out a walking route through your neighborhood. Join co-workers in planning a measured walking route around your workplace. Design a low-cost exercise space for yourself complete with stretching mat, therapy ball, fitness videos, resistance bands, jump rope, or invest in an exercise bike or treadmill. Check for more ideas on the America on the Move website: www.americaonthemove.org

Congratulations Julie Wykowski! You are the winner of the October WOW Contest. **Prize: Mayo Clinic "Health Quest Guide to Self-Care": Answers for Everyday Health Problems.** Thanks to all contest participants. Please try again next month if you have never been selected a winner.

Visit the WOW website at http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html. If you are unable to access the website from the above link, please go to <http://www.michigan.gov/mdcs>, click on Employee Benefits, then Employee Health and Wellness. Please feel free to call our toll free number (1 800-505-5011) to obtain information on WOW-WorkingOnWellness.